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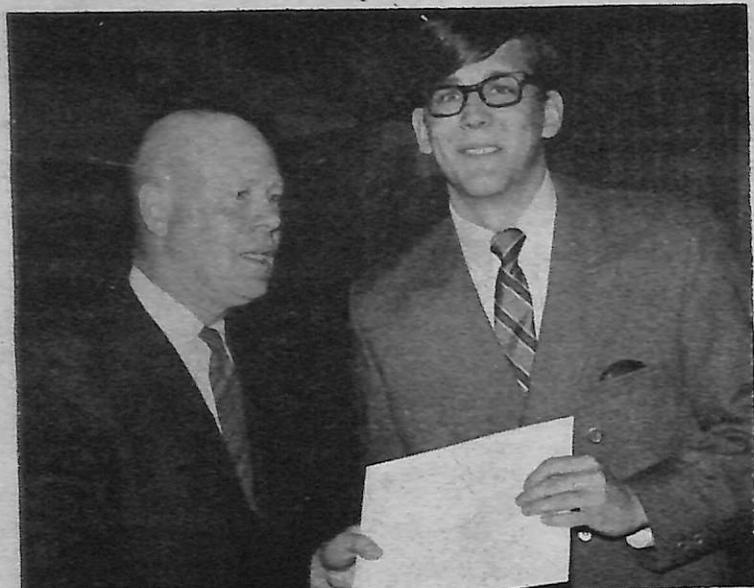
THE AGAWAM

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Agawam's First Newspaper Serving All The People

Vol. 19, No. 22 Agawam, Mass.—Thursday, May 28, 1970

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Agawam's Paul Veronesi is shown receiving special scroll signifying his selection as the Ithaca College varsity basketball team's Most Valuable Player. Presenting the award at the College's annual awards banquet is Ithaca's Athletic Director, Carlton Wood.

Veronesi, a sophomore, averaged 19 points a game this year and is considered one of the finest backcourt prospects the School has ever had.
(Veronesi is the son of Mr. and Mrs. Albert Veronesi, 20 Central St. He is a 1968 graduate of Agawam High School.)

WNEC OUTLINES POLICIES ON CAMPUS VIOLENCE

SPRINGFIELD, MASS. — The Western New England College Bd. of Trustees endorsed a statement on academic freedom and freedom from obstruction at the College, in addition to approving a record budget of almost \$4 million recently during their annual spring meeting held in the D.J. St. Germain Campus Center.

The statement, written by Pres. Beaumont A. Herman, stressed that obstruction, violence, or seizure of property by members of the college community who violate principles established by the college will be dealt with in accordance with College policies (including expulsion or suspension), and if necessary with the law, was unanimously endorsed by board members in attendance.

The complete statement says, "The Trustees of W.N.E.C. affirm their belief in the principles of academic freedom — freedom to teach and freedom to learn. They believe that violence and physical obstruction of college facilities constitute an infringement of academic freedom. They believe that the College has the obligation to protect the rights of all students and to assure for them the peaceful and orderly use of the personnel and facilities of the College. The Trustees endorse the determination of the College administration not to allow the taking over of private property by an individual or group or the use of physical force to obstruct the normal functioning of the College."

This statement of College policy represents the thinking of all segments of the College community. Its principles were endorsed in the Student Conduct Code adopted by the Student Body in 1968. The Statement was adopted by the Exec. Committee of the Trustees on Feb. 27, 1969, endorsed by the College Faculty on April 23, 1969, and unanimously approved by the Bd. of Trustees on May 20, 1969.

The Admin. of the College feels that it has the obligation to insure freedom to all members of the College constituency to carry on their normal functions. Obstruction, violence, or seizure of property will not be countenanced. Members of the College community who violate these principles will be dealt with in accordance with College policies (including expulsion or suspension) and, if necessary, with the law; outsiders may be considered intruders

and dealt with to the full extent of the law.

The new budget, presented by Henry T. Downey, chm. of the finance committee and sr. partner in Henry T. Downey and Co., Springfield, represents an increase of over \$700,000 over the present operating budget.

Final voting approval on the record 369 undergraduate and graduate degrees to be conferred on Sunday, May 31, was given by the board of trustees. Springfield Mayor Frank H. Freedman will deliver the 49th commencement address and receive an honorary doctor of laws degree. Other honorary degrees will be presented to a WNEC alumnus, Irving C. Jacobs, class of 1926 and retired pres. of the Gilbert and Barker Mfg. Co., and Charles R. Clason who is retiring as dean of the WNEC School of Law.

POLISH EXHIBIT IN BOSTON

Mayor Kevin White today announced that an exhibit of contemporary Polish life will be displayed for the 1st time in N.E. at Boston City Hall May 30 and 31.

The exhibit, titled "Poland Today" includes photographs depicting the economic, social and cultural life of Poland as well as more than 100 pieces of artwork, books and handicraft. It will be on display from 10 a.m. to 4 p.m. Sat. and Sunday.

"It was our desire to bring this unique exhibit to Boston in order to give New Englanders insight into the fine culture and achievements of the Polish people and to promote further understanding among all residents of the Commonwealth," Mayor White said.

The exhibit was brought to Boston through the efforts of the "Poland Today" committee which includes, Mayor Kevin White, honorary chm.; State Auditor Thaddeus Buczek, chm.; the Rev. Msgr. Francis D. Chmaj of St. Hedwig's Church in Cambridge and the Rev. Anthony Konieczny, O.F.M. Conv. of St. Stanislaus Church in Chelsea, co-chm.; and the Rev. Msgr. Stanislaus T. Sypek of St. Adalbert's Church in Boston, exec. sec. The remainder of the committee is made up of representatives of the Polish community from throughout Mass.

PROGRAM ON CIGARETTES & DRUG ABUSE

Area residents will have the opportunity to hear 2 men, eminent in their field, discuss possible solutions to 2 problems of major concern today: cigarette smoking and drug abuse. Because there is linkage between the 2 habits, the Hampden-Berkshire T.B. and Respiratory Disease Assoc'n is sponsoring a program June 3rd at 7:30 PM in Chapin Auditorium at Springfield Municipal Hospital, 1400 State St.

Speakers for the evening program will be William Allen, Dir. of Health Ed., City of Phila. Dep't of Health, Dir. of the Phila Smoking and Health Project and co-author of "Learning to Live Without Cigarettes"; and Dr. LeRoy Kendrew of the Student Health Service at the U. of Mass. at Amherst.

The program has been designed to bring forth an exchange of ideas as to what can be done in the community and educational system within a community to effectively deal with these problems.

Groups as well as individuals are urged to attend. There is no charge for admission. Further information may be obtained by calling 737-3506, and a detailed program will be sent to all who request it.

READY NEW DEAN OF LAW AT WNEC

SPRINGFIELD, MASS. — Attorney George C. Keady, Jr., of 238 Longmeadow St., Longmeadow, has been appointed Dean of the School of Law at Western New England College, it was announced today by President Beaumont A. Herman.

Att. Keady, a partner in the Springfield law firm of Wilson, Keady, Hird & Ratner, will succeed Charles R. Clason, who is retiring in June of this year after the past 50 years as dean of WNEC's law school. Clason will be awarded an honorary doctor of letters degree during 49th commencement ceremonies on May 31.

A graduate of Fordham U. with a J.D. degree and Columbia U. Law School, Att. Keady has taught in the WNEC School of Law since 1954, and has practiced law in Mass. since 1950. He has also been admitted to practice in the Federal District Court and the U.S. Supreme Court.

The new dean, whose specialty at the WNEC Law School has been property and real property, is very active in Longmeadow community affairs. He served as selectman for the town from 1953-1967 and town moderator since 1967.

A U.S. Army veteran and holder of the bronze star, Att. Keady is Pres. of the Hampden Dist. Mental Health Clinic, Inc., and trustee of Wesson Women's Hospital. He and his wife, the former Patricia Drake, have five children.



The Air Pollution Control District of Los Angeles County enforces over 100 rules and regulations for commercial and domestic stationary sources of pollution. It issues permits for proper construction, equipment, processes and procedures; it measures pollutants with 9 automatic stations throughout the country, the Mass. Audubon Soc. says.

STATE OF THE STATE

by Governor Francis W. Sargent

A MONTHLY REPORT TO THE PEOPLE OF THE COMMONWEALTH



For thousands of young men and women, this month is, by tradition, a time for taking stock. They are leaving classrooms to take their place in adult society. Yet I know of no other time when this leavetaking is more of a departure from tradition.

Dramatic events on our campuses in recent months point to change. What is obvious now is that we have entered upon a new era, for the young and the not so young.

The commencement address for the Class of 1970 is appropriate for both student and parent. Increasingly the distance between the student and parent is narrowed. And this is good.

The so-called "generation gap" is a thing of the past. What we are faced with is a "unity gap."

The students ask not for surrender but for understanding. We must provide that understanding and allow it an orderly expression. Often we have

The Class of 1970 seeks to be understood. They cannot and should not tolerate being ignored, but they must also understand that their dissent must be reasonable.

Blessed with the freshness of new insights into old problems, the young spur us on to shaping the ideals we must share in common.

The Class of 1970 wants a role to play equal to the challenge confronting society. And this desire is one we must welcome. We must make it possible for their participation to be full. . . .

I have said that ours is a changing world. No strata of society carries a heavier burden than today's parents. They must be bridge builders between the new and old order. The parent finds himself in need of even more understanding than the young. And in this need for understanding the parent

"To understand the Class of 1970 requires an equal understanding of a changing world . . ."

misunderstood the pleas of this new generation.

To understand the Class of 1970 requires an equal understanding of a changing world. And such a grasp has escaped many a parent occupied, as they must be, with winning a daily wage.

I have said that we are confronted by a "unity gap." This new unity is one in which both the parent and the student must recognize new roles in a changing world. This changing world requires mutual respect by and for both parties. Without this respect there can be no real unity.

Today the young seek a better life in a better world. This is a legitimate concern to a generation taught to question the quality of life. They have explored the sciences and they know what is possible and just how much better this world can be. Better educated, they seek meaningful roles in a world at peace with itself.

shares with the young a need for dialogue and mutual respect.

Recent disruptions on college campuses indicate how great is the gap between generations. Parents must sympathize with the anguish of the young. These young people see a world riddled with social and moral values in need of reappraisal.

This new generation sees our country in need of new goals that will make it possible for all to enjoy the quality of life that America has stood for since its founding. Like young people everywhere and in all times they are impatient.

We must understand this impatience. We must make it possible for both young and old to play active roles in reshaping our social and moral values. To this end state government can be one such outlet. My Administration has worked toward a fulfillment of this goal. I shall continue to work for its realization.

The leaves of violets can be eaten raw in salads, baked in tomatoes or fried, and the purple blossoms soaked in lemon juice produce a pink lemonade

Nuclear generating plants produce electricity less efficiently than fossil fuel plants; less of the energy in the steam is transformed into electricity and more of it becomes waste heat, the Mass. Audubon Soc. points out.

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Agawam YMCA Activities

CAMP MILLBROOK LEADERS SELECTED

Miss Louise Ellison and Miss Donna Liberty have been chosen to work in the Y Day Camp for the coming camping season. They bring a wealth of experience to the Day Camp and will be primarily responsible for the girl's program.

Miss Ellison, a native of South Hadley, is a 1969 grad. of Westfield State College and is currently teaching kindergarten in the Enfield School System. She has had experience in park and playground programs as a program supervisor and supervisor of arts and crafts in South Hadley. While in college she was a member of the glee club, Future Teachers Club, German Club and Chemistry Club.

Miss Liberty will be graduate from Cathedral H.S. in June and has been accepted at W.S.C. for the coming school year. In high school she was a member of the Future Teachers Club, Church Guild, and Student Patrol. For the past 3 years she has worked for Agawam YMCA as a junior counselor, leader, and assistant counselor. She plans to go into teaching upon college graduation.

The Day Camp still has openings in all 4 periods. Interested persons are asked to call the Y.

MANY ACTIVITIES FOR ALL AGES

Mario Sakellis, Director of the Y announced that the Outdoor Center will open on Sat., May 20, at 1 P.M. Registrations and memberships are now being accepted for the 1970 summer season. Many and varied activities have been planned.

OPEN HOUSE

Sat., May 30, will be an open house and the public is invited to attend. All the facilities will be available at 108 Perry Lane. The following activities have been planned. *Adult Oil Painting*, Mrs. Joani Murphy will be the instructor. Mon. & Weds. starting June 29 at 7-9 p.m. Starting June 22, *Volleyball* for men or women. *Horseshoes* for men or women. *Teen Club* for Jr. high boys and girls, on Mondays and Thursdays. Starting June 23 at 6:30 p.m. *Three on Three Basketball* for men over 25 on Tues. and Thurs. *Youth tennis* on Tues. & Thurs. starting June 30, at 3-4 p.m. *Adult tennis* for men or women on Tues. & Thurs. starting June 23, at 7:00 p.m. *First Aid Course* on Tues. & Thurs. starting June 30, at 6:30 p.m. *Arts & Crafts* on Mon. & Weds. starting June 29 at 3-4 p.m. Also *Archery Beano & Movies* on Weds. starting June 24 at 7 p.m. *Youth Swim Lessons* in 4 Two-week sessions. Mon. - Fri. starting June 29 from 12-1 p.m. *Adult swim lessons* on Mon. & Wed. starting June 29 from 7-8. *Synchronized swimming* for girls only Vivian Morse is the instructor, on Tues. & Thurs. starting June 23 from 5-6 p.m., & *Water Games*, from 6-7 p.m. *Swim Team*, Thomas Pirnie will be the coach, Starting Sat. June 6 from 9-11 a.m. *Diving Class*, Mark Modenski will be instructor on Mon. & Wed. starting July 6 from 6-7 p.m. *Jr. & Sr. Life Saving* Joe Modzelewski is the instructor. Tues. & Thursdays starting July 14 at 7 p.m. Also a *Mother & Tot Swims* for boys and girls ages 6 mos. - 4 yrs. Mothers must accompany a child in the water. Mon. - Fri. starting June 29 from 11-12 a.m. *Recreation Swim Mon. - Sun.* from 1-8 p.m. Grade school boys and girls must be accompanied by an adult after 5:00 and on Sundays only.

STAFF

The following is some of the staff at the Agawam YMCA for the 1970 season: Mario Sakellis - Exec. Dir., Georgene Knight - Office Sec., Joseph Modzelewski - Aquatic Dir., Carmino Biagini - Camp Dir., Sheila Bewsee - Program Dir., Wayne Morse - Ass't Aquatic Dir., Taylor Cook - L.I.T. Dir., Donna Modzelewski Wilderness Dir., Carolee DeVito - Camp Little Stream Dir., Sharon Baines - Lifeguard, Corrine Healy - Lifeguard, Colleen Dalton - Camp Aquatics, Andrew Arnold - Maintenance, and Rosemary Brock - Snack Bar.

TO WORK WITH BLIND

There will be an orientation and training session for prospective volunteers on:

Mon., June 1, at 7 p.m. and Tues., June 9, at 2 p.m. at the offices of the Mass. Assoc. n for the Blind, 1618 Main St., Spfld. Those interested are welcome to attend.

BEST BUYS FROM MASS. FARMS

Production of greenhouse tomatoes from nearby farms has increased, according to the Mass. Dept. of Ag., and prices are reasonable on produce counters and roadside stands. They are picked and marketed fresh daily, and are fresh and delicious.

The outstanding feature of the greenhouse tomato is its bring red color, with the bright green stem left intact. If bough slightly tinted with color, they should be left on the kitchen counter — not on a window sill — to ripen. They ripen from the inside out, and overnight a tinted one will become bright red and ready for the table. To keep them from getting overripe, store in the refrig.

Greenhouse tomato production in Mass. is quite substantial, with better than 30 acres under glass, and the crop worth more than \$one million.

The outdoor tomato crop is already planted, and home gardeners are safe and correct to plant theirs now.

Boston and salad bowl lettuce are appearing now, especially at roadside stands. This week's Best Buys from Mass. farms are radishes, scullion, asparagus and rhubarb. Greenhouse cucumbers are plentiful and prices are down. More and more rhubarb is on the market, and prices, according to growers, are ridiculously low.

As you tour the Bay State farm country, you'll see row on row of green blades of corn protruding through the good earth. The weather has been favorable for the start of this year's crop, but it will be a while before you can enjoy Mass. sweet corn.

R. PISANO COMPLETES SUPERVISORY COURSES

Bernard H. McMahon, president of Springfield Five Cents Savings Bank, has announced that Richard E. Pisano, head of the Bank's Savings Bank Life Insurance Dept., graduated recently from the Savings Banks Assoc'n. of Mass. School for Supervisory Personnel.

Pisano began studies with the school a year ago and graduated with a class of 80 bankers from throughout the state. The school is conducted by the Assoc'n. of 173 mutual savings banks throughout Mass. Its objective is to give key officers and employees an opportunity to broaden their knowledge of practices and procedures for preparing them for new or greater responsibilities in their respective banks.

A graduate of Agawam H.S., Pisano has also attended numerous other schools and courses in connection with his work with Springfield Five Cents Savings Bank. He has completed the S.B.L.I. Interviewer Course and he has also completed studies in the Life Ins. Council Management Training Program held at Northeastern U. He has completed numerous other insurance and banking courses, including the American Institute of Banking Commercial Law Program.

Pisano joined Springfield Five in 1959, as a clerk in the Insurance Dept. Since that time, he was promoted to bookkeeper and in 1964 was named Assistant Manager of the Insurance Dept. He was made Manager of that department in 1966 and was promoted to his present position of Assistant Treasurer in 1967.

He is a member of the American Institute of Banking and the Conn. Valley Forum. He is a past Chm. of the Western Mass. Area Group of S.B.L.I. officers and currently serves as a member of the group's education committee.

Weight Watchers

CHINESE SHRIMP

1 pkg. frozen French style green beans
1 onion bouillon cube
4 oz. pea pods
1 small can mushrooms
soy sauce
8 or 10 oz. uncooked shrimp

Dissolve bouillon cube in ½ cup water. Add all other ingredients. Place in baking dish and bake at 350° until shrimp turns pink.
Serves 1.

SPECIAL MONTHLY Rubbish Collection

Department of Public Works will have a *special monthly collection* for leaves, grass clippings and hedge clippings provided they are in plastic bags or containers and put on tree belt. Collections will be as follows:

June 1st - Routes 1 and 2, June 2nd - Routes 3 and 4, June 3rd - Routes 5 and 6, June 4th - Routes 7 and 8, June 5th - Routes 9 and 10.

July collection dates will be announced later.

Back yard Frontier

BY POLLY BRADLEY
Mass. Audubon Society

THE JOKE'S ON THE AUDUBON SOCIETY

Last week, May 17 to May 23, was proclaimed Massachusetts Audubon Week by Governor Francis Sargent, and it was recommended that everyone get behind the good work of this outstanding organization and join the Mass. Audubon Society.

Since I'm already a member, I couldn't join ... but I thought adding a new member would be an equally good sign of my full support, so I produced a new member ... Cynthia Laura Bradley, weight 8 lbs., 6 ozs., who by virtue of our family membership becomes a member.

Now do you suppose that's what the MAS really had in mind when they suggested adding a new member?

We'd considered naming her Pop. E. (pronounced Poppy, for Population Explosion), but decided she'd have enough trouble on this overcrowded globe without being saddled with that name.

Randy and Scott, out 2 boys, are thrilled to have a new baby sister in the family. So am I. So is Larry, my husband. But what about poor overburdened Mother Earth?

You know, nobody should have more than two children ... enough to reproduce themselves.

And not only that, but the Bradley family car produces air pollution, and our sewage gets dumped plunk into the ocean with no intervening treatment whatsoever, and our garbage gets stuck in a dump that is quickly becoming a man-made mountain, and I hate to iron so I use paper napkins, and when I talk about cleaning up pollution I frequently feel like the pot calling the kettle dirty.

We're all in this mess together, I'm afraid, and we'll all have to work out a safe and sane solution together. No one is innocent ... except this little Cynthia of mine.

And I look into her beautiful blue eyes, and nurse her with my DDT-saturated milk, and feel warm and cozy and loving ... and I vow to try to work for a cleaner, more beautiful, healthier world for her. And I'll try to teach her to spend her time and energy and talent in building a better world ... not in destroying the world that other people have worked to build.

Overpopulation or not, a baby is a miracle. And interestingly enough, while family and friends have sometimes been blasé and unconcerned about this new baby (What? Another kid?) ... my friends at the MAS, although they've teased me a bit, have looked on this new baby as a miracle, and have understood how precious this small creature is.

Maybe it's their appreciation of small creatures, feathered or furry or human, which makes them so eager to save the life of this miraculous earth of ours.

So add a new member to the Mass. Audubon Society ... but don't play any sneaky tricks on them, like I did!

NIH THE SEARCH FOR HEALTH

A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

Cancer of the Colon And Rectum

Cancer of the colon (the large intestine) and rectum (its lower end) is diagnosed in approximately 75,000 Americans annually. Second only to skin cancer in frequency, it affects both men and women equally, with over 90 percent of its victims past the age of 40.

Like other types of cancer, cancer of the colon and rectum is characterized by abnormal, uncontrolled growth of cells that can spread to other parts of the body. Since the tumors formed by the rapid cell growth of cancer interfere with normal body functioning and threaten life, they are called "malignant." Benign tumors, on the other hand, are growths that remain localized and do not usually endanger life.

Certain warning symptoms may signal the presence of a tumor in the colon or rectum. These include any change in bowel habits such as blood in the stools (which may appear bright red or black), persistent constipation or diarrhea, and abdominal pain. Anyone with symptoms lasting longer than two weeks should consult a physician.

In examining the rectum, the physician can feel a tumor if it exists in this area. However, to view the interior of the colon, an instrument called a proctosigmoidoscope is inserted for about 12 inches. For persons over 40, such a "procto" examination should be a regular part of the annual check-up. Two-thirds of all colon and rectal cancers can be diagnosed in the early stages in this way. If a tumor is suspected, a small sample of any visualized growth can be removed through the proctosigmoidoscope for microscope examination to check for malignancy. In addition, the detection and removal of growths which may become cancerous are valuable preventive measures.

X-rays may also be used to

detect any irregularities, particularly in areas of the colon beyond the reach of the proctosigmoidoscope.

The discovery of polyps (growths arising from the body's mucous membranes) in the colon or rectum should receive careful medical attention. Although not all polyps are malignant, there is a chance that they may become so in time. Removal of polyps is usually an uncomplicated procedure and can be accomplished through the proctosigmoidoscope.

Surgery provides the most effective treatment for cancer of the colon and rectum. The part of the bowel containing the tumor is removed along with the adjacent segments. Since the lymph system is one of the main channels for spread of the disease, the lymph nodes which drain the area are also removed.

When the operation involves extensive surgery of the rectum, a temporary or permanent opening called a colostomy may be made in the abdominal wall to permit elimination of body wastes. Bowel function is not impaired by this operation and, after adjusting to some inconvenience, a patient with a colostomy can lead an otherwise normal, active life.

Although colon and rectal cancer claims approximately 47,000 American lives annually, progress in research has greatly increased the number of patients living at least five years after diagnosis. The cause of this type of cancer, like that of most cancers, remains unknown, but new research findings may suggest new ways of saving lives through prevention of the disease. At the same time, the trend toward improved diagnosis and treatment provides hope that more patients with this disease will survive.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Cancer of the Colon and Rectum," Publication No. 1304.

Well, What Do You Know? fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

Do you know how Napoleon came to power in France?

In 1799, after the French Revolution, France was governed by a committee called the Directory. However, the five men in charge grew jealous of each other and could not work together. They lost control of the Army and

the Directors. Napoleon became head of state, and all power in France was concentrated in his hands.

What do you know about pasta?

Pasta is the Italian word for dried dough, in the form of spaghetti, noodles, macaroni, or ravioli. Served with different kinds of sauce, the tasty pastas are great favorites in many countries around the world.

What do you know about April Fool's Day?

On the first of April it may be a good idea to look the other way if you see a purse lying on the sidewalk. Chances are it will be empty and you could be called an April Fool for picking it up. The custom of playing tricks on this day is so old that no one is sure how it started. In France, April first is called the day of "April Fish." Children may receive a gift of chocolate fish for their tricks. India celebrates its spring festival of Holi, in which tricks and pranks also play a part.



feared the popularity of the young military genius General Napoleon Bonaparte. The Directory would have removed Bonaparte, but he acted first. On November 7, 1799, he seized power and dismissed

(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)

GOV. SARGENT RECEIVES AWARD FOR PROMOTING BEAUTY

STATE HOUSE, BOSTON — Governor Francis W. Sargent has been selected by Holiday Magazine to receive its fourth annual 1970 Holiday Award for a Beautiful America, "given in recognition of individuals and groups in the U.S. actively devoted to the cause of conservation of the environment."

In citing him for its award, Holiday described Gov. Sargent as, "the first professional conservationist to hold public office since the days of Theodore Roosevelt and Gifford Pinchot," and hailed him for making environmental principles and training the cornerstone of his administration.

Continuing on, Holiday noted that the Governor called a halt to urban highway construction, to permit a restudy for a balanced transportation policy. It further noted his proposed Environmental Quality Control Council and Youth Task Force on the Environment.

Other 1970 recipients are: John B. Oakes, editor, N.Y. Times; Irving Like, author of the Conservation Bill of Rights, recently amended to the Constitution of the State of N.Y.; Boyd Rasmussen, Dir. of the Bur. of Land Management of the U.S. Dep't of the Interior; and Pete Seegar, folk singer who has focused attention on the pollution menace of New York's Hudson River.

EX-SMOKERS SLEEP BETTER

When heavy smokers quit cigarettes, some benefits come fast. Like sleeping better.

Recent research at the UCLA Medical Center in Los Angeles indicates that heavy smokers dream very little and seldom achieve deep sleep. Their sleep patterns, which are measured by the activity of their brain waves, improve markedly a few days after they quit smoking, though. Immediately after kicking the habit, ex-smokers may dream excessively and have nightmares. But within several days, their sleep patterns were the same as nonsmokers.

Deep-dream deprivation causes irritation, emotional stress, and fatigue. Dreams — in some way not yet understood — seem to be part of the brain's effort to absorb and reorganize emotionally intense experience.

Dreams usually occur during sleep at regular intervals, about every 90 minutes. The electrical waves of the brain become as active as when the sleeper is fully awake. These periods — called REM sleep because of the rapid eye movements that take place — last for 20 to 30 minutes at a stretch. Smoking interferes with the onset of these periods.

Cigarettes are not the only dream-suppressants. So are most sleeping pills. Though the ads promise sweet dreams, chemicals in the pills inhibit dreaming.

Better sleep is only one of the benefits of quitting smoking. Kicking the habit is essential for better — longer — living. Ask your local T.B. and respiratory disease assoc. for more facts about smoking. It's a matter of life and breath.

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There's a bistro which has a shrunken head displayed over the bar. Underneath the head is this sign: "My, that was a dry martini."



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		4' Cross Tees 35¢ EA.	
		2' Cross Tees 18¢ EA.	
		2'x4' Dyfoam Panels 64¢ EA.	

CHINESE FORGET-ME-NOT



Sprinkle seeds of Chinese forget-me-not where you want blue flowers to appear.

Anyone, absolutely anyone, can grow Chinese forget-me-nots. It takes no skill, just the act of placing the seeds in contact with the soil.

If a bit of covering soil is added, that's a plus. If soil is loosened before planting, that's another. But the seeds will sprout without either of these acts.

In fact, sometimes you'll find volunteer seedlings coming up in your garden the year after you sowed seeds, a sure proof of ease of growth.

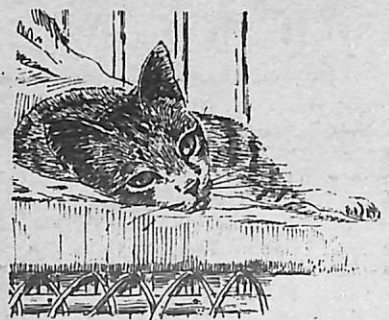
Flowers are a beautiful blue — may be light or dark according to the variety you select.



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Green Thumb Tips

Three conditions are needed for seeds to sprout: moisture, heat and air in the soil.

The warming weather in spring furnishes the heat. Each kind of seed will sprout when its optimum temperature is reached.

Moisture is normally present in soil in spring — you add it from the hose if it isn't.

Air in the soil comes with organic matter—plenty of it—incorporated into the soil. This is why you work it in, preferably in fall.

There are bush type balsams as well as the taller type with which you are more familiar.

These "shorties" can be used as a border or are very pretty when potted individually and set on a terrace or patio.

Read the labels on the seed packets and try the bush type.

SCHOOL LUNCHES

Milk Served with All Meals

JUNE 1 — 5, PHELPS SCHOOL

MON. — ju., frank in but. roll, rel. & mstd., but. mxd vgs, pot. chips, cocoa krispie cookie, fruit. TUES. — hmbg gry, mshd. pot., but. carrots, brd. & but. choc. pdng. WED. — tom. soup, chpd. ham & pickle sand., but. corn, cheese stix, ice cream. THURS. — ju., hmbg in but. bun, rel., mstd. & onions, glazed sweet pot., but. beans, prune spice cake. FRI. — ju., tuna sal. sand., grdn sal. w/tom. & spinach grns., peaches & prunes, pean. but. cookie.

GRANGER SCHOOL

MON. — ju., frank on but. bun, rel. & mstd., pot. chips, cabbage & carrot sal., applesauce. TUES. — spag. w/meat & tom. sauce, grn. beans, brd. & but., apricots. WED. — ju., hmbg on but. roll, rel. & cisp., cheese cube, peas & carrots, fruit. THURS. — meat ravioli w/meat & tom. sauce, carrots, ital. brd. & but., fruit cocktail. FRI. — ju., tuna sailboat, pean. but. sand., pot. stix, broccoli, choc. pdng w/whpd. tpng.

PEIRCE SCHOOL

MON. — org. ju., beef veg stew, cheese cubes, brd. & but., apricots. TUES. — spag. w/tom. & meat sauce, but. grn. beans, brd. & but., pean. creme pdng. WED. — hmbg w/brn. gry, whpd. pot., but. broccoli, brd. & but., dutch apple cake. THURS. — baked lchn meat, pot. sal., mxd vgs, hot cheese muffins, whpd. jello w/frsh tpng. FRI. — org. ju., tuna sailboat, but. carrots, pean. but. sand., applesauce.

DANAHY SCHOOL

MON. — ju., hmbg on but. bun, mxd vgs, applesauce cake. TUES. — mcroni w/meat & tom. sauce, but. hot rolls, wax beans, peaches. WED. — ju., frank on but. roll, corn, prune spice cake. THURS. — tostd. ham & cheese on roll, pean. but. sand., tostd. sal., frsh fruit, brownies. FRI. — grld. cheese sand., pean. but. sand., cabbage & carrot sal., pot. chips, applesauce, cookie.

SOUTH ELEMENTARY

MON. — baked shell mcroni w/meat & tom. sauce, let. & tom. sal. w/frch drsng., pean. but. sand., applesauce. TUES. — org. ju., chick nle soup w/diced carrots, meat sand., celery stix, frsh fruit. WED. — hmbg gry, mshd. pot., but. carrots, pean. but. on rye, sliced peaches. THURS. — org. ju., cold cut grndr w/meat, cheese, let., but. broccoli, applesauce cake w/tpng. FRI. — tuna sal. roll, pot. sal., carrot stix, org. citrus jello w/tpng.

ROBINSON PARK

MON. — org. ju., frank on but. roll, mstd. & rel., but. carrots, pot. chips, prune spice cake. TUES. — hmbg gry, mshd. pot., but. broccoli, brd. & but., candy bar. WED. — mcroni w/meat & tom. sauce, but. wax beans, brd. & but., applesauce. THURS. — ju., pizza w/cheese & tom. sauce, pean. but. sand., celery & carrot stix, fruit. FRI. — fish stix, mshd. pot., cabbage & carrot sal., brd. & but., choc. pdng w/tpng.

JR. HIGH

MON. — ju., sloppy joe, but. corn, jelly sand., ice cream. TUES. — boiled ham sand., frch fries, cabbage & carrot sal., fruit cup. WED. — ju., shell mcroni w/meat sauce & cheese, tostd. grn. sal., vienna brd. & but., jello w/tpng. THURS. — ju., hmbg on bun, grn. beans, pean. but. sand., apricots. FRI. — ju., tuna sal., pot. chips, but. carrots, fruit w/choc. bit cookies.

SR. HIGH

MON. — org. ju., ham sal. sand., pot. chips, but. peas & carrots, pean. but. sand., choc. cake w/choc. icng. TUES. — meatball grndr, grdn sal. w/tom. & spinach grns., pean. but. sand., peaches. WED. — tom. ju., hmbg on roll, but. corn, mstd., rel., cisp. & sliced onion, pean. but. sand., choc. pdng w/tpng. THURS. — elbow mcroni w/meat, cheese & tom. sauce, but. grn. beans, brd. & but., applesauce. FRI. — org. ju., pizza w/meat, cheese & tom. sauce, carrot & celery stix, pean. but. sand., assorted desserts.

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Set the blocks in any desired pattern, anywhere you want them if the place is in full sun. Herbs won't produce in shade.

Fill with ordinary garden soil and add no fertilizer. Herbs grow best in poor soil.

Plant seeds of parsley in one block, chives, dill, anise or borage in still others.

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A lovely blue for the garden comes from cornflowers. If you will scatter the seeds among your spring-flowering bulbs, the growing plants will help hide the yellowing bulb leaves. About the time leaves have disappeared, you'll have a new crop of blooms.

Unless the packet states that seeds already have been inoculated, it is a good idea to treat pea and bean seeds.

The inoculant adds a type of bacteria which thrive on roots of these two plants and are able to extract free nitrogen from the air.

After the crop has been used and the remains turned under, nitrogen will be added to your soil when nodules on the roots decay.

Legal Notices

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT

To all persons interested in the estate of SALLY RICHMOND otherwise SARA RICHMOND late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last WILL of said deceased by ERWIN E. COOPER of Newton in the County of Middlesex praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the twelfth day of June 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this fifth day of May 1970.

JOHN J. LYONS, Register
May 28, June 4, 11

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT

To all persons interested in the petition hereinafter described.

A petition has been presented to said Court by FRANK KOLGINCKI KOLSZINCKY of Agawam, in said County, praying that his name may be changed as follows: FRANK KOLGINCKI to FRANK KINSLEY.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, before ten o'clock in the forenoon on the twenty-sixth day of June 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this nineteenth day of May 1970.

JOHN J. LYONS, Register
May 28, June 4, 11

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT

To all persons interested in the estate of ROBERT KERR TURGEON late of Agawam, in said County, deceased.

The administratrix of the estate of said ROBERT KERR TURGEON has presented to said Court for allowance her first and final account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the nineteenth day of June 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eleventh day of May 1970.

JOHN J. LYONS, Register
May 21, 28, June 4

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT

To all persons interested in a petition for adoption of ANNETTE LOUISE BUSHEY of Agawam, in said County.

A petition has been presented to said Court by PAUL KORETZ and VIRGINIA ROSELINE BUSHEY KORETZ, his wife, of said Agawam praying for leave to adopt said ANNETTE LOUISE BUSHEY, a child of JAMES ALAN BUSHEY of said Agawam, and VIRGINIA ROSLYN LONG BUSHEY now VIRGINIA ROSELINE BUSHEY KORETZ his former wife, and that the name of said child be changed to ANNETTE LOUISE KORETZ.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the fifth day of June 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-eighth day of April 1970.

JOHN J. LYONS, Register
May 14, 21, 28

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT

To all persons interested in the estate of EMILY R. RISLEY late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by JAMES S. BULKLEY of Springfield in the County of Hampden praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the twelfth day of June 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this fifth day of May 1970.

JOHN J. LYONS, Register
May 14, 21, 28

RUBBISH COLLECTION SCHEDULE

Fri.	May 29	Rte. 10
Mon.	June 1	Rte. 1
Tues.	June 2	Rte. 2
Wed.	June 3	Rte. 3
Thurs.	June 4	Rte. 4
Fri.	June 5	Rte. 5

The Agawam News, Inc. published every Thursday by The Agawam News, Inc., 435 River Rd., Agawam. Entered as second-class matter at the Agawam Post Office under the Act of Congress of March 3, 1879. Single copies 5c. Subscription price \$1.00 per year.

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